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Depiction of Mental Health in The Indian Press: A Corpus-Based Examination of Web News Content

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Abstract

Objective: Given the increase in mental health cases in India, it is timely to examine how Indian newspapers depict mental health news. This corpus-based study focuses on news reports available from two Indian web newspapers, Hindustan Times and The Hindu. The objective of this study is to examine the depiction of mental health in news media between January 2021 and August 2024. This research aims to identify the collocates of mental health in web newspapers. Also, examine the keyword pattern in mental health news in two web newspapers.
Methods: This study utilises qualitative approaches, with content analysis being used to evaluate the depiction of mental health news in web media. To supplement the analysis, we utilized AntConc 4.2 software to produce collocates and extract keywords in context.
Conclusion: A total of 789 news articles were collected, 389 from the Hindustan Times and 400 from The Hindu. The finding shows that from the Hindustan Times, 38 were extracted and show as collocates, and from The Hindu, only 27 collocates were identified. Results highlight the Keyword in Context, whereas The Hindustan Times stresses individual responsibility and lifestyle decisions to better mental health status, The Hindu adopts a more comprehensive and democratic view by picturing mental well-being as a shared issue influenced by public policies and social elements alongside global action.

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1. INTRODUCTION

According to research by the Mental Health Foundation (2016), the majority of mental health illnesses develop throughout childhood or adolescence. Anxiety and impulse control problems often begin around the age of 11, while substance abuse disorders appear around the age of 20, and mood disorders around the age of 30. This emphasizes the need to direct research and therapies on these early life phases to successfully address mental health issues. With the increasing number of COVID-19 outbreaks, there is a greater focus on mental health since psychological variables are known to play a critical role in human behavior during pandemics. (Nor, Jeffree, & Nor, 2021) During the initial phases of the COVID-19 epidemic, people suffered significant psychological distress in the form of despair, anxiety and post-traumatic symptoms. (Talevi, Socci, *et al.,* (2020).

A study by Roy, Singh, Mishra. (2020) focuses on widespread mental health difficulties during COVID-19, such as stress, anxiety, and depression, with vulnerable populations including children, the elderly, and frontline workers being the most affected. Globally, governments have developed intervention tactics such as telepsychiatry and mental health assistance. In India, unique state regulations and rules were implemented. Positive attitudes and tailored treatments are critical to properly manage mental health resources throughout the epidemic. The World Health Organization (WHO, 2004, p. 12) has proposed that mental health is: "a state of well-being in which the individual realises his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully, and can make a contribution to his or her community."

Media and mental health: MHF Annual Accounts Report (2023) The media significantly influences public perceptions and attitudes toward mental health, particularly on social media, where images are often processed and understood before the accompanying text is even read. Because of its immense reach and continuous exposure, the mass media has the unique power to change people's perceptions and opinions. Reports on mental health are appearing in newspapers and on news broadcasts every other day as mental health issues become more prevalent in society. Nunnally (1957) published an initial report about inaccurate representation of mental health in the media. Misconceptions and myths around mental health are perpetuated by the usually inaccurate and negative depictions of mental health problems in general and people with psychiatric disorders in particular (Srivastava, Chaudhury, 2018). There appears to be clear evidence throughout history that the media has depicted people with mental illnesses negatively (Murphy, Fatoye, & Wibberley, (2013). Calo, & Băban, (2013) reported the findings show that there were more negative than positive themes. Also, Huang, & Priebe, (2003). Media coverage of mental health care in the UK, USA and Australia. The overall tone of the articles in each of the three nations was negative about mental illness and mental health care. Over half of the news articles on mental health were negative in tone (Chen, & Lawrie, (2017). When media reports on mental health are biased or selectively presented, they can lead to the formation and reinforcement of negative stereotypes and attitudes toward mental health. Media portrayals of mental health have the power to shape audiences' opinions and produce specific societal representations of mental health (Ohlsson, 2018; Rhydderch *et al.*, 2016). This study examines and analyzes how mental health is portrayed in Indian online newspapers using a corpus-based approach. The motivation for this study stemmed from in recent times, there has been a consistent increase in the prevalence of mental health issues in India, which has led to growing public health concerns (Meghrajani, Marathe, *et al.,* (2023). Research questions were developed to lead the current study on how mental health issues are portrayed in Indian newspapers. The data source consisted of two English-language online newspapers. Therefore, the following are the research questions: First, the study aimed to identify, via statical analysis and collocations of Mental Health news in web newspapers. Second Examine the news depictions of mental health issues in the news by focusing on the keyword pattern.

2. REVIEW OF LITERATURE

The portrayal of mental health in the news media significantly influences public perception and stigma associated with mental health. This review examines the depiction of mental health in web newspapers, focusing on the tone, content, and framing of mental health issues. A study of English-language newspapers in India (2016-2021) discovered that, while depression was the most commonly reported mental health topic, stories typically presented mental diseases in a criminal context. Over time, coverage has been less stigmatizing, but more research into non-English publications is required to properly comprehend the media's role in maintaining preconceptions about mental illness in India. (Arneaud, Kar, Majumder, *et al.,* (2022). According to the study, more than half of news items about mental illness in India were favourable, while about a third were stigmatising, typically presenting people as aggressive or unstable. General terms and stigmatising pictures were also common. Though both national and local media need to improve, Hindi media reports on mental illness in a higher quality than English media (Raj, Ghosh, Sharma, & Goel, (2021). Aoki, Malcolm, Yamaguchi, *et al.,* (2020) found Journalists suffer professional disincentives to reveal mental health concerns while having a greater frequency of PTSD and good views regarding mental illness. Print media frequently presents negative images of mental illness, which feeds prejudice and makes it difficult for mental health practitioners to alter public perceptions of mental illnesses (Coverdale, Nairn, & Claasen, (2002). Subramanian, (2018) The stigma surrounding mental illness is either contested or reinforced by The Times of India's news coverage, underscoring the necessity of anti-stigma initiatives in India. The Times of India revealed that mental health issues are presented as both societal problems and dangers. While some elements questioned stigma, others strengthened it—particularly by infrequently quoting those who suffer from mental illness. This emphasizes how better news coverage is required to reduce stigma in India.

There are many more negative news articles than good ones about mental diseases, with the most frequent theme being

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dangerousness and the rarity of success or recovery tales (Wahl (2003). Chandan, Sridhar, Jain, *et al.*, (2020) Chennai newspapers depict mental illness less negatively and place greater emphasis on mental wellness; nonetheless, to improve reporting, they need to get training on reporting suicide standards. Gallagher, O'Leary, *et al.*, (2022). Although the Irish mainstream media has made progress in depicting mental health, psychotic illness is still mostly unreported and frequently presented in a stigmatizing way. Bowen, & Lovell (2013). Although there is a diversity of representation of mental health illnesses in the media, there is still an over-association with danger and sensationalistic language, which may affect public perceptions and knowledge Bilkay, Yaman, Gürhan, & Yilmaz-Bingöl, (2023) Turkish media frequently denigrates and stigmatizes mental illnesses, underscoring the necessity of media sensitivity and mental health regulations. McCrae, Sharif, & Norman, (2019). Saudi Arabian media frequently emphasizes advocacy, healing, and rehabilitation, but it also reinforces stigma by emphasizing guilt and spiritual possession. Zolezzi, Elshami, & Obaidi, (2020). Most of the time, Qatari newspapers' coverage of mental health issues is non-stigmatizing; but, to improve mental health literacy, there has to be more representation of individuals with mental illness, knowledge of various treatment options, and scientific reporting. Picazo (2023) According to the study, there was no stigma associated with the Spanish media's mostly favourable coverage of teenage mental health during COVID-19. Nevertheless, few publications offered information on how to get aid, and young people's views were hardly ever heard. Although teenagers were frequently shown in the media as victims of violence, resilience received less attention, suggesting room for improvement in reporting. Tobin, & Lyddy, (2013). the study discovered that, throughout the period covered by Irish broadsheet newspapers from 2007 to 2011, keywords connected to emotional discomfort and symptoms of depression were less common than those linking teenage depression to bullying, alcohol use, and suicide. The focus of the reportage was on the roles of parents and psychiatrists, frequently portraying young people as lacking autonomy. Although the media echoed the worries of adolescents, they provided little assistance in identifying depression in young people, indicating a need for greater educational material in media portrayals of mental health.

Suzuki, Doi, & Stone (2022). Using 37 keywords connected to mental disease, the study examined information about mental health and suicide that appeared in three major Japanese newspapers over six months. Because of the early COVID-19 epidemic, "stress" was the most often stated phrase in about a quarter of the articles that discussed suicide. Other names that were often used were psychosis, sadness, mental illness, and suicide. The papers' general tone lacked a great deal of stigmatization. The study encourages inquiry-based learning and student-centered, critical thinking to comprehend how the media shapes public perceptions of mental health. According to Stuart (2006), the media frequently presents mental illness in a bad light by highlighting risk and crime, which is detrimental to rehabilitation, self-worth, and asking for treatment. It also implies, nevertheless, that the media may serve as an effective instrument in lessening stigma and elevating positive narratives. The focus should be shifted from recording bad depictions of mental disease to leveraging media for a good effect. Mental health practitioners should interact with the media more to increase public knowledge and support for those with mental illness. According to Anderson *et al.* (2018), they examined English newspaper coverage of mental health themes from 2008 to 2016, assessing the effectiveness of the "Time to Change" anti-stigma campaign. The data indicate a considerable increase in anti-stigmatizing publications and a decrease in stigmatizing ones. Most reports on mental health diagnoses, except schizophrenia, were more anti-stigmatizing. Bowen, & Lovell (2019). found that between 2014 and 2017, the UK national news Twitter feeds revealed a dramatic decline in unfavourable depictions of mental health, with fewer tweets labelled as "Bad News" and more as "Understanding." Despite this improvement, 24% of tweets in 2017 remained unfavourable, reflecting persisting worries. Furthermore, negative articles were not retweeted as frequently, indicating that, while progress has been achieved, there is still an opportunity for change in how mental health is portrayed on social media.

Theoretical framework

Framing Theory: Goffman (1974) developed the concept of framing, which has since been used in fields of media studies. “Media frames can be understood in terms of how to interpret and organize experiences, and give meaning to symbols” (Goffman, 1986). Framing is the process of presenting information in a certain way to impact the audience's perspective. This idea can be used by newspapers to portray mental health concerns positively and constructively, emphasizing recovery, resilience, and the importance of seeking help.

The Corpus

For this study, a corpus of Indian online news articles about mental health was created. The corpus included news articles from two portals for newspapers: The Hindu (https://www.thehindu.com) and the Hindustan Times (https://www.hindustantimes.com). According to the Registrar of Newspapers for India (RNI 2020), The Hindustan Times is the largest circulated English Daily. The Hindu offers a wider range of services to its readers and the online versions are the most user-friendly (Haneefa, & Nellikka, 2010). Both provide free search functions to obtain data relevant to the research.

3. METHODOLOGY

This study utilises qualitative approaches, with content analysis being used to evaluate the depiction of mental health news in web media. The current study used a corpus-based approach to examine news. “Corpus-based studies have been adopted both directly and indirectly in language teaching, data-driven learning, and also in lexicography” (Wahid, 2011). As Hunston (2002) puts it, “A corpus does not contain new language information, but the software offers us a new perspective on the familiar”.

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Corpus analysis is a type of text analysis that enables you to compare textual elements on a wide scale. For the data analysis using AntConc 4.2 software. According to Anthony (2006), among the many things that corpus technologies, such as Antconc, are good at is identifying linguistic patterns. "The software AntConc provides researchers with an independent window within which collocating occurrences and their frequencies can be set in columns and rows" (Muhsinovna & Aminovich, (2022). AntConc covers this requirement as a separate software application for the linguistic analysis of texts. AntConc will focus on the Concordance, Collocates, Keywords, and Word List functions etc. Because the goals are to find collocates for mental health and to deduce how mental health is portrayed from the collocates in the two English newspapers, this is the most appropriate strategy to use. "Collocates constitute the words that surround a particular search word" (Scott, 2010)

Data Analysis

This study was conducted on online English newspaper portals, focusing on articles that referenced "mental health" and were published between January 2021 and August 2024. Data collection commenced after the COVID-19 pandemic, with a particular focus on how mental health was depicted in newspapers during the post-pandemic period. A search was performed on the Google search engine using the "mental health" search terms. A search method for URL data gathering that employs specialized search operators, such as "allinurl", can effectively limit relevant results.

4. RESULTS

Table 1 presents a statistical analysis of both newspapers that were sampled. The Standardised type-token ratio of the reports in Hindustan Times was 6.761. There were 17229 distinct words (types) in the corpus. The type-taken ratio (TTR) is calculated by dividing types (number of distinct words) by tokens (total number of words). It is multiplied by 100 to represent the amount as a percentage (Types ÷ Tokens × 100 = TTR). TTR is based on the direct relationship between the number of types and tokens (Torruella, Capsada, 2013). The Hindu standardised type-token ratio is 8.663, and the number of types of words is 14420. Frequency is one of the most fundamental concepts supporting corpus analysis (Baker, 2006). The distribution of high lexical variation is reflected by the type/token ratio (Biber 1991).

Table 1: Statistical analysis for the newspaper reports of mental health in both newspapers

	Hindustan Times	The Hindu
Number of reports	439	350
Number of running words	16,01,796	10,48,479
Number of types	17229	14420
Total frequency	254795	166453
Standardised type-token ratio	6.761	8.663

Collocates

"When a word appears frequently near another word and the association is statistically significant in some way, these co-occurrences are referred to as collocates, and the phenomenon of specific words frequently occurring next to or near each other is known as collocation" (Baker 2006). The findings of the corpus analysis, which identify the words or phrases (collocates) frequently associated with "mental health" in the Hindustan Times and The Hindu newspapers, will be presented in this section. We can learn about the context in which mental health is discussed in two newspapers by examining these collocates.

Tables 2 and 3 show "the most frequent words used in the corpus study, omitting function words (e.g. then, a, to)" of the topic under discussion (Tobin and Lyddyn 2014). Contextual Meaning: Even if a collocate is statistically significant, it must be contextually relevant to the research. Words like "for" or "is" may appear frequently with "mental health" but may not contribute semantic significance to your analysis. Subject Relevance: Ensure that the collocates are closely related to the topic of interest. For example, "mental health," "stigma," "awareness," or "disorders" are more relevant to study.

Table 2: Collocates of "Mental Health" in Hindustan Times

Collocate	Freq LR	Likelihood	Effect
issues	296	547.709	2.484
care	131	89.292	1.365
day	122	81.071	1.346
world	112	122.332	1.801
support	111	46.714	1.039
children	109	46.604	1.048
disorders	87	85.175	1.688
impact	76	60.353	1.493
challenges	73	68.648	1.648
awareness	69	83.643	1.918
problems	67	76.479	1.85
services	64	80.703	1.964
tips	61	85.2	2.09
India	56	26.294	1.106
poor	55	104.565	2.531
professionals	50	88.916	2.428
National	48	61.499	1.984
conditions	47	49.839	1.77
among	44	24.809	1.226
employees	42	25.909	1.291
stigma	42	46.522	1.817
risk	41	21.458	1.176
programme	40	51.576	1.991
improve	37	20.75	1.223
concerns	37	43.328	1.879
tele	35	62.728	2.44
outcomes	35	57.067	2.3
expert	34	37.791	1.821
importance	33	38.077	1.862
seeking	32	19.614	1.286
addressing	31	44.452	2.125
address	30	26.134	1.576
signs	29	20.059	1.379
toll	29	46.279	2.27
boost	28	33.16	1.892
affect	27	23.431	1.573
crisis	23	36.376	2.257
struggles	22	23.307	1.77

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Results from Table 2 the corpus analysis study in Hindustan Times see Table 1) show that 38 collocates related to mental health were present. The statistical data indicates that the collocate "issues" have a frequency of 296 in the left and right context and a Likelihood of 547.709, making it the most prevalent term associated with mental health in the Hindustan Times. The term "struggles" appears just 22 times on both the left and right sides of the target word in discussions about mental health.

Table 3: Collocates of "Mental Health" in The Hindu

Collocate	Freq LR	Likelihood	Effect
issues	222	400.894	2.442
programme	90	121.308	2.042
care	89	63.993	1.407
centre	84	84.256	1.71
National	80	90.171	1.833
services	79	85.738	1.792
world	65	37.272	1.236
awareness	59	77.178	2.006
among	59	35.061	1.262
problems	57	77.469	2.053
institute	57	61.714	1.79
day	53	27.025	1.157
professionals	48	68.291	2.112
District	43	24.58	1.235
tele	40	50.402	1.961
impact	37	26.493	1.405
conditions	34	36.983	1.796
stigma	33	26.315	1.495
survey	27	19.89	1.428
policy	27	27.668	1.733
address	26	20.382	1.481
literacy	24	47.877	2.606
importance	21	22.622	1.786
addressing	21	31.283	2.173
poor	21	28.033	2.032
improve	20	24.489	1.928
programmes	20	19.584	1.687

Table 3 results of the corpus analysis revealed that 27 collocates related to the word mental health were found in The Hindu, as Table 2 illustrates. The table shows that collocates such as "issues," "programme," and "care" are frequently used in The Hindu to discuss mental health, with "issues" being the most frequently used collocate (Freq LR: 222), suggesting a focus on general concerns. Strong contextual linkages are suggested by high likelihood values (e.g., "programme" at 121.308) with certain mental health-related programs and care services. "Survey" is the collocate with the lowest likelihood value in (Likelihood: 19.89), suggesting that although it occurs in talks about mental health (Freq LR: 27), its link is lower than that of other collocates.

Keyword in Context

Examining how mental health is portrayed in news items from two Indian newspapers, the Hindustan Times and The Hindu. We can use the AntConc Keyword function to compare mental health-related articles from both newspapers. "Then all of the words that do occur more often than expected in one file when compared to another are compiled together into another list, called a keyword list" (Baker 2006).

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Table 4: Keywords in mental health news in the Hindustan Times

Keyword	Freq Tar	Freq Ref	Keyness	Keyword	Freq Tar	Freq Ref	Keyness
being	822	320	66.2	relationship	118	18	45.784
well	712	245	82.319	meditation	108	14	47.659
stress	620	189	95.002	low	107	20	34.132
depression	561	152	107.66	cognitive	105	10	56.212
anxiety	554	193	61.985	diet	104	19	33.991
emotional	356	82	87.954	benefits	103	19	33.323
child	302	64	83.29	activity	97	13	41.763
feel	302	65	81.671	partner	92	12	40.414
symptoms	254	67	50.988	communication	92	15	33.636
individuals	248	71	43.018	energy	80	3	60.21
sleep	238	56	57.039	esteem	78	9	37.279
therapy	232	64	43.089	workplace	78	9	37.279
healthy	227	27	106.384	ADHD	71	2	56.78
mind	204	63	30.374	PCOS	70	0	70.394
feelings	202	36	67.755	boost	69	9	30.309
positive	202	61	31.526	relaxation	65	2	51.093
mood	198	28	81.803	habits	64	4	41.361
emotions	197	35	66.286	hair	61	5	35.213
sense	172	43	37.646	enjoy	54	2	40.76
mindfulness	147	3	124.003	kindness	43	2	30.59
crucial	145	33	36.404	obesity	40	1	32.678
negative	140	22	52.93	gratitude	39	0	39.218

Table 4 represents the keyword results for Hindustan Times articles when The Hindu is the reference corpus, representing specific themes and emphases that can be examined better to understand the framing of mental health in Hindustan Times.

Focus on individual experience and self-help: Keywords such as stress, anxiety, emotional, symptoms, feelings, mood, emotions, sleep, therapy, mind, healthy, relaxation, boost, energy, and mindfulness all indicate a focus on personal mental health experiences and feelings. These terms suggest that Hindustan Times discuss mental health in terms of managing daily symptoms and increasing one's well-being through self-care methods such as therapy, mindfulness, and stress management. Mental Health as an aspect of overall wellness and lifestyle: Terms such as well, activity, healthy, diet, habits, sleep, obesity, and hair show a comprehensive approach to mental health, implying that Hindustan Times connect mental health to overall well-being and lifestyle choices. For example, it emphasises the relevance of sleep, diet, and physical activity in mental well-being, situating mental health within the context of a healthy lifestyle. Focus on Positive and Negative Emotional States: Words like positive, negative, mood, feelings, emotions, kindness, and gratitude imply an emphasis on cultivating positive emotions while regulating negative ones. This suggests emphasising the need for emotional regulation and promoting positivity as a strategy for improving mental health. Mental Health Regarding Specific Conditions and Disorders: Keywords such as depression, ADHD, PCOS, and low indicate that the paper addresses specific mental health disorders. The use of words like ADHD and PCOS suggests that mental health conversations include comorbid physical and mental health issues. This demonstrates an understanding of the interdependence of physical and mental health, particularly for diseases that have an impact on mental well-being. A Focus on Practices for Self-Improvement: Self-improvement strategies are reflected in terms like meditation, activity, boost, gratitude, relaxation, mindfulness, kindness, and communication. This shows that by supporting activities like meditation, gratitude, mindfulness, and kindness—all of which are frequently cited as techniques to strengthen mental resilience and boost quality of life. This viewpoint contrasts with a more policy- or community-centred approach, implying that the Hindustan Times be more focused on providing readers with practical advice and self-care recommendations, encouraging them to take personal actions to manage their mental health. In table 5 keywords from The Hindu articles on mental health, examined using the Hindustan Times as a reference corpus, indicate that The Hindu takes a broader, more systemic approach to discussing mental health concerns. Here's an overview of these keywords based on subject areas:

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Table 5: Keywords in mental health news in The Hindu

Keyword	Freq Tar	Freq Ref	Keyness	Keyword	Freq Tar	Freq Ref	Keyness
health	2601	3347	44.359	prevention	56	30	22.927
students	363	268	83.312	violence	55	18	38.695
India	254	238	29.496	sports	55	28	24.178
covid	224	97	120.248	commission	54	7	63.853
centre	215	47	200.118	ill	48	23	22.835
among	206	172	34.571	welfare	44	18	25.109
services	191	150	37.766	conference	36	4	44.872
National	188	111	66.334	implementation	32	11	21.585
programme	183	92	81.854	grief	31	9	23.966
healthcare	174	97	67.198	wave	30	2	42.762
suicide	130	95	30.504	vaccination	28	0	51.999
counselling	124	69	48.012	DMHP	24	3	28.75
number	124	87	31.781	poverty	24	5	22.935
helpline	122	42	82.21	boards	22	1	33.635
department	112	76	30.733	establishments	21	1	31.868
persons	111	24	103.933	vaccinated	20	0	37.142
public	107	67	34.149	vaccine	19	0	35.285
tele	86	59	23.082	homelessness	19	0	35.285
service	81	42	34.729	UNICEF	19	2	24.087
counsellors	77	33	41.794	exhibition	17	0	31.57
trauma	74	41	28.834	caste	17	1	24.852
policy	68	28	38.543	camps	15	0	27.856
psychiatrists	67	36	27.314	prisoners	15	1	21.38
climate	57	21	36.104	infected	12	0	

The Hindu depiction of mental health as a public health issue examines the role of national programs and policies and highlights the importance of government initiatives in addressing mental health on a larger level. The newspaper investigates the COVID-19 pandemic's mental health consequences, such as trauma, grief, and broader societal effects, while also focusing on the importance of vaccination drives and healthcare response. It also focuses on vulnerable populations such as students, the homeless, and disenfranchised groups, offering a diverse viewpoint on mental health. The Hindu's coverage focuses on the accessibility of helplines, counselling, and psychiatric care, showing advocacy for stronger support infrastructures. Policy and governance are common themes, with the newspaper frequently discussing mental health in the context of policy implementation, prevention programs, and advocacy efforts. Furthermore, The Hindu takes a holistic approach, recognizing that broader societal issues such as violence, caste prejudice, and climate-related stress can all have an impact on mental health. There is also an international and humanitarian component, as The Hindu reports on mental health initiatives by organizations like UNICEF, as well as events and community activities aimed at raising awareness and support. Finally, education and youth mental health are important issues, with debates about student counselling, the role of educational institutions, and the relationship between national policies and student welfare.

5. CONCLUSION AND DISCUSSION

This study has found the term mental health, statistics of both newspapers sampled, collocation analysis, and Keyword analysis associated with mental health to find out how mental health is depicted in the newspapers, over the period in two online English newspapers in India. The analysis of two newspapers—the Hindustan Times and The Hindu—shows significant disparities in how mental health is depicted and framed. The statistics analysis, particularly the type-token ratio, shows that The Hindu has a larger lexical variance (8.663) than the Hindustan Times (6.761), implying a more diverse vocabulary when discussing mental health. This higher variation reflects The Hindu's broader structural and policy-focused coverage, whereas the Hindustan Times focuses more on individual experiences and lifestyle-based topics. The collocates for ‘mental health’ showed some distinct patterns (see Tables 2 and 3), The most prevalent collocate in both newspapers is "issues," implying that mental health is frequently presented as a difficulty or problem in these periodicals. In the Hindustan Times, 38 collocates were found, with "issues" appearing 296 times and having a high likelihood score of 547.709, indicating a substantial relationship with mental health discourse. Other prominent collocates include "care," "support," "disorders," "awareness," and "services," all of which emphasize the importance of mental health care, raising awareness, and addressing specific mental health disorders. This means that the paper's coverage focuses on the broader societal

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consequences of mental health, as well as individual care and support networks. The Hindu, on the other hand, has 27 collocates, with "issues" (frequency of 222) being the most common. But words like "programme," "centre," and "National" are used more often, indicating a focus on governmental and institutional approaches to mental health. Though there is a clear contrast in The Hindu's emphasis on mental health initiatives and government engagement, the frequent use of terminology like "awareness" and "services" suggests a vocabulary like to that of Hindustan Times. Collocates like "programme" (121.308) and "care" (63.993) have higher likelihood values, which suggests that structured mental health efforts and services are highly valued. Using a corpus linguistics approach has the advantage of maintaining the analysis's objectivity or fairness (Tobin 2013). Special software automatically selects essential terms and counts the frequency of keywords rather than depending on the researcher's personal opinions. This lessens the possibility of researcher bias, which occurs when an individual's beliefs or viewpoints affect the findings. This approach is constructive for researching delicate subjects, such as how mental health is covered in the media, because researchers may have preconceived notions before beginning the investigation. "By comparing the frequency of a word in the data set with its frequency in a reference corpus", we can identify keywords, which are statistical abstractions from frequency lists (McEnery & Hardie, 2011). While the Hindustan Times emphasises individual responsibility and lifestyle choices to improve mental health, The Hindu takes a broader and more socially conscious approach, viewing mental health as a collective concern shaped by public policies, social factors, and global initiatives. These distinctions reflect each newspaper's editorial priorities: The Hindustan Times urges readers to focus on personal wellness and self-help, whereas The Hindu emphasizes structural reform and the necessity of social support in addressing mental health issues. This shows that the Hindustan Times presents mental health as a manageable component of daily life, offering readers practical suggestions on how to preserve mental wellness through individual activities. Furthermore, keywords such as workplace, partner, and esteem emphasize interpersonal relationships and the impact of professional contexts on mental health, indicating a focus on how mental health intersects with personal and social experiences. In contrast, The Hindu views mental health in a broader, more systemic context, highlighting the importance of public health infrastructure, government policies, and social determinants. Keywords such as national, program, policy, counselling, and healthcare indicate a focus on public health services and structured mental health programmes. The use of phrases like covid, poverty, caste, violence, and trauma indicate that The Hindu examines the socioeconomic consequences of mental health disorders, particularly for underprivileged and vulnerable communities. This newspaper covers the mental health difficulties that communities face, such as the impact of the COVID-19 pandemic, poverty, and caste prejudice, presenting mental health as a public matter that needs policy-driven solutions and community involvement. Furthermore, keywords such as UNICEF, public, and preventive highlight The Hindu's global and humanitarian perspective, with coverage of UNICEF and other worldwide projects to encourage mental health awareness and assistance.

Limitation

Our study has several limitations on this study. It may not provide a comprehensive picture because it only examined two newspapers and gathered data from after COVID-19. In order to obtain more thorough results, it is advised that future studies include more newspapers in another language in India to gather data over a longer period. The underlying concepts and viewpoints that the media has regarding mental health issues may also be revealed by combining the corpus approach with other techniques, such as critical or discourse analysis.

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